

Greenville ENT Post-op Instructions



What to Expect at Home

Tympanoplasty in Children **Your Child's Recovery**

Tympanoplasty (say "tim-PAN-oh-plass-tee") is middle ear surgery, usually to repair a hole in the eardrum. There are certain changes you may notice that are normal during the recovery period. For instance, your child may feel tired, or possibly dizzy for a few days after surgery. The incision the doctor made behind your child's ear may be sore, and your child may have ear pain for about a week following surgery. Bloody fluid may drain from your child's ear canal and the incision.

The ear will probably feel blocked or stuffy, and hearing may be decreased. These changes usually get better as the eardrum heals and after the gel packing dissolves. However, it may take time before your child's hearing improves. Your doctor will test your child's hearing after the ear has healed, and this may be 8 to 12 weeks after surgery.

This care sheet gives you a general idea about how long it will take for your child to recover, but each child recovers at a different pace. Follow the steps below to help your child get better as quickly as possible.

Medicine

	Your child will be prescribed pain medicine or advised to use over-the-counter motrin or tylenol.
	If your child is prescribed a narcotic pain medicine (such as Norco), they will also be prescribed nausea medicine (such as Zofran) because nausea is a common side effect of narcotics.
	Do not give your child two or more pain medicines at the same time unless your child's doctor told you to. Many pain medicines have acetaminophen, which is Tylenol. Too much acetaminophen (Tylenol) can be harmful.
	Do not give aspirin to anyone younger than 20 years of age. It has been linked to Reye syndrome which is a serious illness.
	Your child may be prescribed ear drops, usually to use later in the healing process (for example, to use 3 days prior to the six-week post op visit).
	Your child should be able to restart any regular medicines immediately after surgery unless otherwise instructed by your child's doctor.
	If the doctor prescribed antibiotics for your child (which is not usually the case after ear surgery), take the full course as directed.

Activity

	No nose blowing for 2 weeks.
--	------------------------------

	Avoid air travel for 2 weeks.
	Sneeze only with an open mouth.
	Avoid sudden head movements and bending over for the first 2 or 3 days after surgery. These actions may cause dizziness.
	Have your child walk some each day. Progress by walking a little more than the day before. Walking boosts blood flow and helps prevent pneumonia and constipation
	Your child should not ride a bike, play running games, take part in exercise, or lift more than 10 pounds for about 2 weeks or until your child's doctor says it is okay.
	Avoid water in the ear for the first 6 weeks after surgery. A cotton ball coated with vaseline is usually comfortable and blocks water when bathing.

Diet

	Normal diet as tolerated.
	Have your child drink plenty of fluids to avoid becoming dehydrated.
	You may notice a change in your child's bowel habits right after surgery which is common. After a few days without a bowel movement, use of a mild laxative, like Miralax, is reasonable.

Wound care

	Your child may have a gauze dressing over the ear. You can remove the dressing the day after surgery or when your child's doctor says it is okay.
	Change the cotton ball in the ear daily, and recoat any incisions with antibiotic ointment.
	If your child has strips of tape on the incision behind the ear, leave the tape on for a week or until it falls off.
	Any stitches may dissolve on their own, or the doctor may need to take them out.
	Keep the area clean and dry.

When should you call for help?

Call 911 anytime you think your child may need emergency care. For example, call for:

	Your child passes out (loss of consciousness)
	Your child has severe trouble breathing.
	Your child has sudden chest pain, shortness of breath, or coughing up blood

Call your child's doctor or seek medical care for:

	Pain that does not get better after taking pain medicine.
	Signs of infection, such as: <ul style="list-style-type: none">• Increasing pain, swelling, warmth, or redness.

- | | |
|--|---|
| | <ul style="list-style-type: none">● Pus draining from the incision.● Fever over 101F |
|--|---|